

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Sept. 13, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Military Idol hopeful moves to final round at Fort Myer

Maj. Scott Willens with the U.S. Army Medical Research Institute of Chemical Defense will be performing at the Spates Community Club at Fort Myer, Va., Sept. 7 at 7 p.m. Come out and show support for the APG Idol hopeful!

Convoy trainer available

A Virtual Combat Convoy Trainer has become available for use by military units from Aberdeen Proving Ground and other installations. Units within the U.S. Army Ordnance Center and Schools have priority use of the trainer for Advanced Individual and Officer Basic training.

Available schedules include 1 p.m. to 9 p.m. on Wednesdays. Hours can be negotiated for daytime training from 8 a.m. to 5 p.m.

To schedule training, contact the 61st Ordnance Brigade S3 Office, 410-278-4920/5770.

OC&S hosts 9-11 ceremony

The U.S. Army Ordnance Center and Chief of Ordnance, Maj. Gen. Vincent E. Boles will host a 9-11 Remembrance Ceremony to honor Ordnance Warriors lost during the War on Terror, 4 p.m., Sept. 11 at Ordnance Circle, in front of building 3071.

The ceremony will include a 21-gun salute by the U.S. Army Ordnance Mechanical Maintenance School firing team and music by the 389th Army Band (AMC's Own). Attendees are asked to be seated no later than 3:50 p.m. Visitors must use the Route 715 gate and present a valid photo ID for entry to the installation.

For more information contact the 61st Ordnance Brigade S3 Office at 410-278-4920/5770.

Blue Cross/Shield visits APG

The APG Advisory Center has made arrangements for a claim representative of the service benefit

See SHORTS, page 4

ISSUE HIGHLIGHTS

Page 2

OC&S retires two

Page 6

APG Newcomers Orientation

Page 8

MWR

Page 12

Health and Safety

Page 13

Sports

Ordnance school trains for war Leadership listens, applauds

Story by
HEATHER TASSMER
APG News

The deputy commander of U.S. Army Training and the Doctrine Command, Fort Monroe, Va., toured the U.S. Army Ordnance Center and Schools Aug. 30 to observe how the school prepares its Soldiers for war.

Maj. Gen. Vincent E. Boles, chief of ordnance and commanding general of OC&S, and Ordnance Mechanical Maintenance School officials gave Lt. Gen. Thomas Metz, who serves as TRADOC's deputy commander and chief of staff, an overview of the training Soldiers receive.

Col. Bobby Towery, OMMS commander, began the tour with a briefing on the organization and curriculum of the school followed by a demonstration of the Stryker Computer Simulation Lab.

The Stryker Computer Simulation Lab is a highly technical computer program that takes students through the troubleshooting process they would experience if in a real Stryker. The program gives them practice on using the right tools to resolve the technical issue. Then they take that knowledge and apply it to the hands-on training in a real Stryker.

Metz saw first hand the training ordnance Soldiers receive, including Laser Marksmanship Target System, Military Operations in Urban Training, hand-to-hand combat, Battle Damage Assessment Repair and Reflexive Fire and Crew Serviced Weapons.

[The] LMTS trains the Soldier on



Photo by ANDRICKA HAMMONDS, OC&S
Sgt. 1st Class Tony Lewis briefs Lt. Gen. Thomas Metz, deputy commander, U.S. Army Training and Doctrine Command, on the operations of the Laser Marksmanship Training System ordnance Soldiers receive during training.

"rifle marksmanship for grouping and zeroing," said Sgt. 1st Class Tony Lewis, noncommissioned officer in charge of Project Warrior.

During MOUT, Soldiers clear the rooms of a simulated house just as they would in real war situations. The rooms are filled with obstacles and pop-up targets.

The rooms also have cameras that

record all of their actions. After the Soldiers have cleared all the rooms, they meet with the instructor for an after action review.

"We have them tell us what they have done wrong," Lewis said.

Then the Soldiers clear the rooms again and correct their mistakes. Project Warrior was created in September 2004 as a result of TRADOC guidance to

implement training that is relevant to today's war environment.

Soldiers are trained on Project Warrior for five days. They receive about 90 to 100 hours of training in one week, Lewis said.

To evaluate the program, Soldiers fill out assessment forms for instructors to review.

See OMMS, page 2

AKO homepage gets new look, easy features

Story by
KATISHA DRAUGHN
Army News Service

Computer users landing on the Army Knowledge Online homepage are finding a new format.

AKO launched a new homepage Aug. 26 to help users easily navigate the site and find information quickly.

"We received a lot of feedback from our customer base stating that the old AKO homepage was overwhelming and had too much informa-

tion," said Col. Taylor Chasteen, project director, AKO. "We thought that better organization and a more elegant design would facilitate the user experience."

Users now see a new design; easier navigation tools like scrolling tabs, drop-down menus and picture icons; important news items on the top of the page and a change in how information is organized.

The left navigation bar on the former homepage was also removed to allow additional

space for content from administrators.

The AKO homepage was last revised two years ago, but the AKO team says users can expect to see more frequent updates.

"We tried to focus on the concept of continuous improvement and increase usability," said Diane Bartley, leader of the AKO team. "We wanted to make things cleaner and easier to find, and we tried to eliminate the number of clicks and scrolling the users

would have to utilize."

Users have responded positively to the new look, according to Bartley.

"We have a very vocal user community and we have received so many positive comments," she said.

Users visiting AKO for the first time since the modification can click on the "AKO Homepage Upgrade Page" link for more information on all the changes.

Users can also take an interactive tour of the new home-

page and look at a cheat sheet which gives a before and after version of the homepage.

With the current upgrade complete, the team is now working to improve the search function, according to Lt. Col. Kenneth Fritzsche, chief of Operations.

"We have only just begun. We are still going to continue to improve the homepage," Nallo said. "The goal is to always strive to modify things and make them better."

Federal Voting Assistance Program kicks into high gear

Story by
JIM GARAMONE
American Forces Press Service

The Federal Voting Assistance Program office is pulling out the stops to ensure all service members and their families who wish to can vote.

Polli Brunelli, the program's chief, said the program has learned from experience and has put in place a system to make it relatively painless for service members and their families to vote in 2006 mid-term elections.

And, she added, service members and their families want to vote. They generally vote in greater percentage than the general population, Brunelli said. She also stressed that these votes count. Absentee ballots decided a number of elections in 2004.

"Election officials count every absentee ballot," Brunelli said.

The program covers not only military personnel, but also Department of Defense civilians and DoD contractors. It depends on dedicated officers and noncommissioned officers at unit level. Each unit has a voting assistance officer, and they are the primary points of contact for service members casting absentee ballots.

A number of changes are being implemented in this election cycle. Some states will now send ballots to requesters via e-mail. Others will fax the ballots. Each state is responsible for voting by its citizens, so the laws and programs offered vary from state to state.

Other changes include a revised Federal Postcard Application form.

"It's bigger and better and easier to read," Brunelli said. "We have several blocks on there for [voters] to put alternative addresses if they are on

the move. There is also a place to put their e-mail address. This is very important, because local election officials want to be able to communicate to voters."

This is particularly helpful for reserve-component personnel called to active duty. For instance, a Minnesota National Guardsman may go through training in Mississippi before deploying. The Guardsman can put the alternative address on the request for the ballot.

Brunelli's office is working with the U.S. Postal Service to ensure expedited mail service for ballots. This started in 2004, and they had great success with it, she said.

Ballots will arrive to service members in September or October. To be sure votes arrive on time, Brunelli is telling service members to mail in their voted ballots the week of Oct. 8.

Brunelli said the biggest problem the program confronts is outdated addresses. Folks who have moved since the 2004 election need to submit an updated federal postcard application.

If all things work perfectly -- and they usually do -- service members will receive their ballots from local election official and return them without a hitch. But problems can happen: the address is wrong; the mail can't get to an isolated area in a timely manner; and so on. In such cases, service members can use the Federal Write-In Absentee Ballot.

"It doesn't matter what ballot you get ... vote it," Brunelli said. "If the state ballot arrives after [submitting a write-in ballot], they should vote that, too. Local election officials will sort that out at their end."

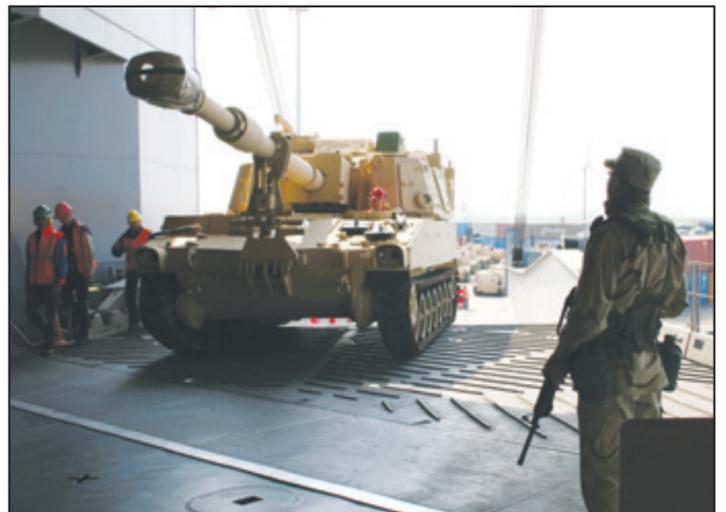


Photo by CHUCK FICK

Upon its stand-up, Army Sustainment Command will act as the Army's single materiel manager for units stationed in the continental United States until they deploy. Matching materiel to the mission, personnel load a M-109 self-propelled 155 mm howitzer aboard a ship in preparation for deployment to Soldiers in the field.

Army Sustainment Command to take on CONUS materiel management mission

Story by
BETH E. MUSSELMAN-CLEMONS

The U.S. Army Materiel Command's new major subordinate command, Army Sustainment Command, will stand up Sept. 22 - and with it comes several new missions to support the warfighter.

One of the new missions, materiel management, is a phase of military logistics which includes managing, cataloging, disposal, procurement, distribution, overhaul and determining requirements of materiel. This mission is done at many different levels of AMC; however, under ASC the efforts will be streamlined and focused on the warfighting units.

"Materiel management tasks that were previously conducted by materiel management centers under the former

Army logistics structure will now be executed by ASC," said Lt. Col. Dennis M. Thompson, director, Distribution Management Center, Rock Island Arsenal, Ill.

ASC, working in close coordination with AMC's Life Cycle Management Commands, will be the Army's single materiel manager for units stationed in the continental United States until they deploy. According to Thompson, ASC will conduct centralized materiel management through the Distribution Management Center, part of the upcoming ASC.

The transition of Army Field Support Command to ASC allows CONUS-based forces to be supported by a Theater Sustainment Command - equivalent logistics command that can

See MISSION, page 2

OC&S retires two of its own

Story by
YVONNE JOHNSON
APG News

The U.S. Army Ordnance Center and Schools formally retired two "national treasures" during the August Retirement Ceremony at the Ball Conference Center Aug. 30.

Maj. Gen. Vincent E. Boles, OC&S commander and Chief of Ordnance, gave remarks and presented awards assisted by OC&S Regimental Command Sgt. Maj. Daniel A. Eubanks.

The honorees included Sgt. 1st Class Glenn A. Burkhard and Jane M. Gevecker-Mello of the U.S. Army Ordnance Mechanical Maintenance School.

Boles called the two retirees "national treasures" and thanked their families for "your love, your patience and your understanding" in supporting them throughout their careers.

Of Burkhard, an instructor/writer with the 143rd Ordnance Battalion, 61st Ordnance Brigade, Boles said that "things happen because great [noncommissioned officers] like Sergeant Burkhard step up and make them happen."

"Having seen his work and having seen him in action, let me tell you, he is not just a sergeant first class, he is a first class sergeant," Boles said. "As you head to a second career, we

thank you on behalf of a grateful nation."

Of Gevecker-Mello, who started out as a high school teacher then began her career at APG with a Small Arms Repair course in 1974, he said that her role as chief of the Training Technology Division in the Directorate of Instruction has proven invaluable to the troops on the ground in Iraq.

"Soldiers in Iraq are connected with our Ordnance Corps and she is the reason," Boles said. "We have depended on you," he told Gevecker-Mello, "and you have shown all of us you are one in a million."

"They have served not for glory or riches or fame," he said of the two retirees. "They served for us. Thank you for coming to their last formation," he told the audience. "May God continue to bless the United States of America."

Sgt. 1st Class Glenn A. Burkhard

Burkhard was awarded the Army Meritorious Service Medal, the Department of the Army Certificate of Retirement and the Presidential Certificate of Appreciation. His wife, Elizabeth received the DA Certificate of Appreciation from Gen. Peter J. Shoomaker, Army Chief of Staff.

A native of Benton Harbor, Mich., he culminates a 21-year career that included assignments in Germany, Alaska, Korea and numer-

ous stateside assignments.

His awards and decorations include the Joint Service Commendation Medal, Joint Service Achievement Medal, Army Commendation Medal, Army Achievement Medal, Joint Meritorious Unit Award, Air Force Combat Readiness Medal, and the Global War on Terrorism Service Medal.

Burkhard said his plans include spending more time with his family.

"I've enjoyed my time here and I'd like to thank OC&S and APG for this retirement ceremony," Burkhard said, adding that he spent the last eight years of his career at APG.

"We're moving back to Michigan but I've enjoyed my time here and my co-workers. I'd rather end my career here than any other place."

Burkhard and his wife Elizabeth have two children, James and Kyle.

Jane M. Gevecker-Mello

Gevecker-Mello was awarded the DA Meritorious Civilian Service Award and the DA Certificate of Retirement while her husband Ed Mello received the Aberdeen Proving Ground Certificate of Appreciation and the OC&S Certificate of Appreciation.

She began her federal career as an educational intern at OC&S in 1974. She worked numerous positions in the Curriculum Division

of the Office of Training and Education as an instructor and as an instructional systems specialist. She ends her 32-year career as chief of the Training Technology Division in the Directorate of Instruction.

Gevecker-Mello commented on the "evolution of change" she has witnessed within the Ordnance Corp and the Army and said that, "It makes you feel good to know that you have contributed in some small way."

"You don't do this by yourself," she said of her mission, noting that she counted heavily on the command group, the contractors and instructors.

The command group acquires the funding, while contractors provide the technical expertise.

"With just those two I would just have a pretty site," she said. "It's the instructors who took hold of the tool and ran with it. I've had the world's greatest instructors."

"It's humbling," she said of Boles' remarks. "If any one of those three didn't play a part we would be sunk. I was just the front man."

Burkhard said her retirement plans include travel, Lions Club activities, volunteer work and taking non-credit courses. She and her husband, who retired from the U.S. Marine Corps, reside in Aberdeen.

OMMS

From front page

"Ninety-seven percent of the Soldiers have told us it was the best training they have had," Lewis said.

Sgt. Delbert Myers, NCOIC of BDAR briefed Metz on the capabilities of BDAR, and gave an overview on how Soldiers would temporarily fix parts such as rubber hoses and blown out tires.

Jane Gevecker-Mello, chief

of the OC&S Training Technology Division, and Chief Warrant Officer 3 Ron Cingle, officer in charge of the Advanced Automotive Recovery Department, talked to Metz about the features and benefits of eOrdnanceU, which was established in 2004.

NCOs log in to the page with their Army Knowledge Online name and password. From there, they can choose one of several features such as downloads, forums, past training articles and other links, Gevecker-Mello said.

Downloads include videos, lesson plans and other references for Soldiers.

The forum's features allow Soldiers to ask and exchange comments.

"The questions can be very technical such as how to fix a vehicle to general questions such as what kind of safety boots to use," Gevecker-Mello said. "The ready access of having eOrdnanceU at a Soldier's fingertips, proves useful to the Soldier at war. The Soldiers don't have to wait around for someone to



Photo by HEATHER TASSMER

Sgt. Delbert Myers, noncommissioned officer in charge of Battle Damage Assessment and Repair; left, shows Lt. Gen. Thomas Metz, deputy commander and chief of staff of the U.S. Army Training and Doctrine Command, Fort Monroe, Va., right, how BDAR is used to repair tires.



Photo by ANDRICKA HAMMONDS, OC&S

Metz and Lt. Col. Linwood Clark, commander, 143rd Ordnance Battalion, watch Basic Noncommissioned Officer Academy students clear a room during an urban terrain exercise.

help them."

She said the site has replaced mailing these resources to Soldiers stationed all around the world.

More than 10,000 members are registered to the site. These members are not limited to just Soldiers in the United States. About 23 percent of the members are stationed in Iraq. Other members are stationed in Korea, Afghanistan and Kuwait.

Cingle, a master instructor at OMMS, discussed the Blackboard feature of the site. Blackboard is very similar to software other universities use for online classes, Cingle said.

Blackboard allows Soldiers to enroll in online classes whether they're a resident on or off of an installation. The class syllabus, schedule and homework assignments are all posted on the Blackboard, he said.

Cingle puts the power point presentations of his lesson plans on Blackboard so that the students can print them off and bring them to class.

"It saves a lot of money for the school," Cingle said. "Before, we were handing them out to all of the students and not everyone was using them."

Posting the homework online is also beneficial for instructors' classes.

"When they work on homework assignments it saves time in the classroom so we can take Soldiers out to the field and give them hands-on training," Cingle said.

Another benefit of the Blackboard is instructors can see how students are understanding the material through training summaries. Training summaries have review questions from the class. This helps instructors to see who is doing their work and which questions the students are getting wrong.

"It helps me to gage each student's understanding of a subject," Cingle said. "Before there may have been just one or two people answering questions in class. I didn't know if everyone was understanding what I was teaching."

Gevecker-Mello said the usage of the site started out slow but now 400 to 500 new members join the site each month.

Research has shown that "each user visits 14 pages on the site on average," she said. "People are not just trying it out once and leaving."

Instructors also make the site available to those who graduate so they can use it as a reference.

Gevecker-Mello talked

about the changes she has seen during her 32 years of service with OC&S. She said that now the Soldiers are using more sophisticated equipment than they did 20 or 30 years ago.

After Metz was finished with his orientation of APG, he had positive remarks about how OC&S prepares Soldiers for war.

"General Wallace [TRADOC Commander] said 'victory starts here' and I think that is absolutely correct," Metz said.

Metz said he is convinced that OC&S is training those tasks needed to prepare Soldiers for war.

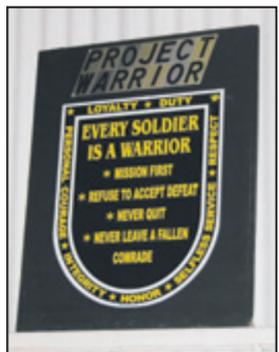


Photo by HEATHER TASSMER
The sign pictured above reminds Soldiers of Project Warrior values such as integrity, honesty and duty.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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Mission

From front page

leverage AMC's LCMCs, the national sustainment base and the capabilities of strategic partners, according to AMC officials.

"Through the operational lines of materiel readiness, integration, supply, and mobility we will reduce the workload from the field and provide the warfighter with near-real-time readiness posture, and anticipate and avoid problems," Thompson said.

Working with the Logistics Support Activity, ASC aims to improve logistics situational awareness by providing automation tools such as the Logistics Information Warehouse. LIW will provide logisticians with a clear picture of where supplies are located or enroute within the distribution pipeline.

"We will support our Army Field Support Brigade and Logistics Support Element commanders in the field as they work with the units to assist them in the Army Force Generation process. Centralized materiel management from Rock Island will use common logistics information systems and will eventually allow us to draw down our costs in the field," Thompson said.

As part of the revamped command, ASC will work in coordination with U.S. Army Forces Command to recommend major end items for CONUS forces to Army Deputy Chief of Staff for Operations. In addition, Installation Management Agency will partner with ASC to lead the reset and regeneration process for redeploying units.

While ASC will not officially stand-up until late September, Soldiers may already see the efforts of the new command. With the de-activation of Corps Support Commands and Division Support Commands, Army units were facing a gap in support while waiting for the ASC to achieve full operating capability. To counter this, AFSC began deploying initial capability teams in mid-July at every corps and division to provide a bridge during the transition from AFSC to ASC.

According to Thompson, the new materiel management mission will provide a better system for the warfighter, ultimately enhancing his abilities and readiness, a vital effect during the Global War on Terrorism.

"ASC's assumption of the materiel management mission in the continental United States will allow the warfighter to better focus on their core competencies. ASC presence throughout the world will enable the warfighter by providing enhanced readiness," said Thompson.



Photo courtesy of RAY ASTOR

Members of the Aberdeen Senior Center, from left, Virginia Marshall, George Smith, Lee Kremetz and Rosemary Donovan, holding the banner, pose with Jack Klein, as Uncle Sam, Flo Beckman as the Statue of Liberty and retired Col. Ray Astor, representing the armed forces, after winning second place in the Havre de Grace 4th of July parade.

Patriotic theme garners award for Aberdeen Senior Center

Story by
YVONNE JOHNSON
APG News

With the theme, "The Senior Generation, The Foundation of Our Freedom," the Aberdeen Senior Center won the second place cash award for its float entry in the Best Senior Organizational Float category during the Havre de Grace 4th of July Parade.

The seniors rode in a 1962 Chrysler convertible driven by its owner Jack Klein, with passengers retired Lt. Col. Ray Astor, a Korean War veteran and Flo Beckman dressed as the Statue of Liberty. In front of the vehicle carrying a banner with the floats' theme was George Smith, Virginia Marshall, Lee Kremetz and Rosemary Donovan.

The center received \$250 for the second place finish.

Astor said the crowd reaction was very positive and that the float was the result of a group effort.

"This was the first time we participated," Astor said. "It was just a group effort. We got together and brainstormed and came up with something good."

Deadline approaching for filing body armor claims

IMA

The Department of Defense has established Oct. 3 as the claims filing deadline for Soldiers seeking reimbursement for certain private purchases of protective, health and safety equipment such as personal body armor.

Pursuant to a 2004 Act of Congress, the armed services began reimbursing service members in November 2005 for private purchases of qualifying equipment made between Sept. 11, 2001, and April 1, 2006, if purchases were made in anticipation of or during the service member's deployment to Iraq or Afghanistan.

Soldiers who made purchases that qualify for reimbursement, and have yet to file claims, must do so by Oct. 3. Claims should be filed with the Soldier's current unit.

Former Soldiers should mail their claims to the U.S.

Army Claims Service at Fort Meade, Md.

Claims must be postmarked by Oct. 3.

More information on the reimbursement program - including qualifying details, instructions on how and where to file a claim, and a copy of the requisite claims form - is

available at www.jagcnet.army.mil. Follow the link to the "Protective Gear Reimbursement Program."

Soldiers also may contact Maj. Paul Cucuzzella at the Claims Service at 301-677-7009, ext. 431, or by e-mail at paul.cucuzzella@emhl.ftmea.de.army.mil.

POST SHORTS

plan Blue Cross/Blue Shield to visit Sept. 12.

The representative will be available from 9 a.m. to 11:30 a.m., in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

MCSC holds Super Sign-Up Volksmarch

The Military and Civilian Spouses' Club will host a Super Sign-Up Volksmarch, 7:30 to 10:30 a.m., Sept. 9.

Routes will vary in length starting at the entrance to Plumb Point Loop (across from Garrison Headquarters) so there will be something for every fitness level. Every person who joins the club will receive refreshments, a T-shirt and raffle tickets.

Information will be available at the Post Exchange, Commissary and Kirk U.S. Army Health Clinic. Cost of membership fee is \$20 per person. Apply online or mail the application form to MCSC, ATTN: Membership Chairperson, 2806-A McCloskey Road, APG, MD 21005. Checks should be made payable to MCSC.

For more information or to register for this event, call Dawn, 410-297-6727, or Gloria, 410-273-1926, or e-mail membership@apgmcs.org.

Family childcare providers needed on, off post

For anyone who loves children and want to be home with their own, this is a great opportunity.

Become a part of a worldwide network of mobile military professionals who can work at home and contribute to the family income.

Family Child Care training

will be conducted Sept. 18 thru 21 at Community Youth Services on Rodman Road, building 2752. Free childcare is provided during the training.

Applicants who are interested in providing home-based childcare on Aberdeen Proving Ground or off post in Harford or Cecil counties are encouraged to apply.

For an application, visit the FCC office or call 410-278-9832/7140 or /7477.

Dining facilities serve Hispanic Specialty Meal

The Hispanic Specialty Meal will be held in the Aberdeen dining facilities, buildings 4503 and 4219 and the Edgewood dining facility, building E-4225, 5:30 to 7 p.m., Sept. 19.

During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.55 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.05 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes chicken and rice, beef and bean chimichangas, quesadillas, enchiladas, beef tacos (soft and hard shell), Puerto Rican style roast pork (cerdo al horno), Spanish rice, steamed rice, refried beans, Mexican corn, greens with bacon, Mexican style cornbread, assorted breads, assorted pastries, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

Thrift Store to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire

Department and veterans' organizations.

Mail or drop off requests to APG Thrift Store, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

KUSAHC changes prescription policy

The pharmacy at Kirk U.S. Army Health Clinic will no longer accept faxed prescriptions from civilian providers. Patients will need to present an original prescription to the pharmacy.

Blue Star Families of Central Maryland welcomes new members

The military families support group, Blue Star Families of Central Maryland, meets the first Wednesday of each month at 6:30 p.m. at the American Legion Post 109 located at 1610 Sulphur Spring Road in Halethorpe, Md.

Anyone who has a loved one serving in the armed forces, or is serving, and would like to meet other military families can attend.

For more information, visit Web site <http://www.geocities.com/bluestarfamiliesofcentralmd> or e-mail BlueStarFamiliesOfCentralMD@yahoo.com for additional information.

KWVA chapter seeks members

Chapter 271 of the Korean War Veterans Association is looking for a few good members. Any service member or veteran who has served in Korea is encouraged to attend the monthly meetings for the latest information on veterans' benefits, to participate in community service projects and to enjoy the camaraderie of fellow veterans.

Chapter members meet at American Legion Post 128 in Aberdeen, 6:30 p.m., the last Monday of each month.

For more information, call Nick Guerra, membership chairman, 410-272-0458.

(Editors Note: More shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

Community Notes

MONDAY

SEPTEMBER 11 SEPTEMBER 11, 2001, COMMEMORATION

Everyone is invited to join American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, Md., at a remembrance ceremony for those who perished on Sept. 11, 2001, and veterans who made the ultimate sacrifice in the ongoing War on Terrorism.

For more information or to RSVP, call 410-642-2771 or 410-642-2325 or e-mail

MOVIES

**ADMISSION:
ADULTS \$3.50,
CHILDREN \$1.75**

**Building 3245
Aberdeen Boulevard**

**To verify listing,
call 410-272-9008,
or visit
www.aafes.com
and click on
"Movie Listing."**

MIAMI VICE

Friday, Sept. 8, 7 p.m.

Saturday, Sept. 9, 9 p.m.

Starring: Colin Farrell, Jamie Foxx, Gong Li, Naomie Harris

Miami cop Ricardo Tubbs (Foxx) lives with Bronx-born intelligence analyst Trudy (Harris), and they work undercover transporting drug loads into South Florida to identify a group responsible for three murders. Meanwhile, Sonny Crockett (Farrell) goes undercover working with the supplier of the South Florida group and gets romantically entangled with Isabella (Gong Li), the Chinese-Cuban wife of an arms and drugs trafficker. Soon it's tough to figure out who's on the right side of the law. (Rated R)

ANT BULLY (FREE ADMISSION)

Saturday, Sept. 9, 7 p.m.

Animated

A 10-year-old boy embarks on a remarkable journey. New in town, friendless and tormented by a neighborhood bully, young Lucas Nickle has been taking out his frustration on the innocent ant hill in his yard. But one day the ants retaliate. Using a magic potion, they shrink Lucas down to ant size and sentence him to live like an ant in their colony. In this strange, new world, Lucas will learn important lessons about friendship, get a whole new perspective on life and ultimately find the courage to stand up for himself. (Rated PG)

post135@verizon.net.

WEDNESDAY SEPTEMBER 13 WEDNESDAY WEE WONDERS

Join the naturalist and her wee one for a critter encounter and hike. This program is from 10 to 11 a.m. for children up to age 4 and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person (21 years of age or older). The ship will cruise around the Susquehanna. Wine from Boordy Vineyards, soda, beer, cheese and fruit platter will be served. Reservations can

be made with credit card.

For more information or for reservations, call 410-939-4078.

SATURDAY SEPTEMBER 16 GRANDPARENT AND ME - WALK AND TEA

Children, bring a grandparent for a fall flower discovery walk followed by tea and cookies on the deck. This program is from 10:30 to 11:30 a.m. for ages 4 to 104 and costs \$2. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

PHOTOGRAPHY NATURALLY

Join local outdoor photographer Curt Howard for a morning shoot full of individual instruction and a hands-on learning workshop that will concentrate on basic

composition and photography strategies. Bring a camera (digital preferred, but film is fine), a tripod (optional), some old clothes and questions and ideas. This program is from 9 a.m. to 12 noon for ages 12 to adult and costs \$15. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

HIGHTIDE MOBILE

Search the shore for material to build an estuary mobile. This program is from 2 to 3:30 p.m. for ages 8 to adult, 8 to 12 with an adult and costs \$4. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)



Sandy Harper, right, talks to newcomer Capt. Chani Randle with the Kirk U.S. Army Health Clinic, left, about the Aberdeen Thrift Shop during Newcomer Orientation at the Recreation Center Aug. 16. Harper has been a volunteer at the Aberdeen Thrift Shop for 23 years.

APG newcomers become acquainted with the installation

Story and photo by
HEATHER TASSMER
APG News

New military, civilian and contract employees were introduced to Aberdeen Proving Ground and what services the installation has to offer at the Newcomer Orientation Aug. 16 at the Aberdeen Recreation Center.

More than 30 organizations set up tables or exhibits so that new APG members could learn about missions, services and goals.

After the attendees visited some of the exhibits, Col. John T. Wright, APG Garrison and deputy installation commander, mentioned various Morale, Welfare and Recreation facilities available to them such as the Recreational Center snack bar and bowling center.

He also spoke to them about some changes they will see in the future.

"Right now the population of Aberdeen Proving Ground is 18,000," Wright said. He said the average daily popula-

tion on Aberdeen Proving Ground will grow to more than 20,000 people in the fiscal year of 2012.

Base Realignment and Closure, a process the U.S. Department of Defense uses to reorganize its installation infrastructure to make it more efficient, will play a part in the changes.

The U.S. Army Ordnance Center and Schools will be moving to Fort Lee VA., and the U.S. Army Communications Electronics Command from Fort Monmouth, N.J., will be coming to APG, Wright said.

In addition, attendees watched a video that informed them about APG's history and geography and introduced various government agencies to them.

The orientation gave newcomers a chance to learn about places to shop, financial services, child services and local schools and other services available to military, civilians and civilian contractors.

Representatives of AAFES, the Commissary and the Thrift Shop talked to newcomers about hours and products that they sell.

Sandy Harper informed newcomers about the Aberdeen Thrift shop. Active duty, APG civilian and contract employees can shop, consign or donate items at the Thrift Shop.

"We have all kinds of bargains," Harper said. "You never know what you're going to find."

For more information on the Thrift shop, call 410-278-3101.

APG Federal Credit Union also had a table set up so newcomers could learn about checking and savings accounts, loans and other services. Those who are interested in APGFCU can visit <http://www.apgfcu.com>.

Consumer Credit Counseling Service of Maryland and Delaware Inc. was another credit agency attendees became acquainted with at the orientation.

CCCS representatives have come to APG to talk to military and civilian employees about budgets and other financial subjects, according to Linus Campbell, director of

See NEWCOMER, page 7

Newcomer

From page 6

Education. The non-profit agency has an office located in Bel Air.

Clients can schedule an appointment to meet with a representative or they can receive financial counseling on the phone, Campbell said.

For more information, call 410-747-6803 or 1-800-642-2227, or visit www.cccs-inc.org.

Newcomers interested in improving their public speaking skills visited the Toastmasters table. The Toastmasters Susquehanna Club is just one of five in Harford County. The members meet at 11:45 a.m. the second and fourth Tuesday of each month at Top of the Bay, according to Susquehanna President Doug Strand.

Strand talked about why APG members should join Toastmasters.

"Some people think you are born with public speaking skills, but that's not true," Strand said. "We are a learn-by-doing organization. We can help you prepare speeches for work, church or a toast for a wedding."

Those who need more information about Toastmasters can call 410-306-0827 or visit www.geocities.com/susquehanna_tm/index.html.

Eric Feustel with the Client Services Division of the Office of the Staff Judge Advocate talked to newcomers about what the division has to offer military and [to some] civilian employees.

"Not everyone is eligible for our services," Feustel said. "They must go through a screening process first."

Those who have questions for the Client Services Division may contact the staff at 410-278-1583.

Newcomers who have children learned about many of the child care services and local schools.

Aphrodite Corsi, Family Child Care director, set up a table to show newcomers pic-

tures of FCC events and talk to them about what it's like to be an FCC provider.

"No experience is needed to provide," Corsi said.

FCC will be holding training for providers Sept. 18 to 21.

Parents learned about Harford County Public Schools as well as homeschool.

The APG LIONS (Learning In One's Natural Style) Homeschool Co-op, is a group of parents and homeschooled youths who meet each week for projects, classes and fitness. They meet every Wednesday from 8:30 a.m. to 2:30 p.m. at the Aberdeen Youth Center.

"Some kids just take a few classes and some stay the whole day," said Chel Shupp, APG LIONS Homeschool Co-op point of contact. "It's good for homeschooled kids to meet each other and interact."

For more information about the co-op, Shupp can be reached at 443-655-0271.

Employees of Army Community Service were also there to inform parents about various programs they provide such as Parents and Children Together; Women, Infants and Children Program; Financial Readiness; Employment Readiness; Volunteering; Relocation Services; Family Advocacy; Army Emergency Relief and Sexual Assault Prevention and Response Program.

ACS also offers English as a second language classes, according to Arcelio Alleyene, ACS program manager of the Financial Readiness Program.

Community Policing Officer Mike Farlow introduced newcomers to the D.A.R.E. program, and talked to them about gang issues outside of the installation.

"They seemed to be very interested in the D.A.R.E. program and gang issues," Farlow said.

At the end of orientation, Marilyn Howard, relocation and employment program manager who organized the event, conducted a raffle. Winners who had their ticket numbers called could choose from items such as a \$40 gas card, flower arrangement, Bible, Target gift certificate and many other items.

"This was quite a large turnout," Howard said.

She said so many people attended that some representatives of agencies had to return to their offices for additional brochures or resource items.

Attendees gave positive remarks about the orientation.

"It was very informative," said Capt. Chani Randle with the Kirk U.S. Army Health Clinic. "It is good that [APG] offers services to civilians as well as those in the military."

Randle came to APG from Fort Gordon, Ga.

When asked what she thought about APG she said, "It is a neat, small community. You're more familiar with everyone than you are on other installations."

Staff Sgt. John Keister with the 389th Army Band (AMC's Own) also attended the orientation.

"I thought it was very interesting," Keister said. "It's good to know where things are located on APG."

He lived in Heidleberg, Germany, before he came to the installation.

When asked what he thought about the installation, he said, "So far so good."

Howard said the newcomer orientation is conducted quarterly by ACS. The next Newcomer Orientation is Nov. 15.

Visit APG News online at
www.apgnews.apg.army.mil



Morale, Welfare & Recreation

Activities

All services, classes and events are available to DoD cardholders, military, civilian, contractors, retirees, family members and guests. For information on these or any other events, please check out www.apgmwr.com.

Social Hour moves to Ruggles Club House

Evening socials at Ruggles golf Course will be held the last Friday of each month and is open to all members of the APG community.

For more information, call 410-278-4794.

Army Community Services is located in building 2754, Rodman Road. For information about these or any other services that ACS offers, call 410-278-7474/2453.

Play Mornings

ACS offers a weekly play group on Monday and Wednesday, 9:30 to 11 a.m. for parents and children under 6-years-old to meet other parents while their children socially interact with each

other. This is an ongoing program and play groups are held in the APG Chapel, room 5.

Parent Information Exchange (PIE)

This program is for Exceptional Family Members and is 6 to 7 p.m. the second Tuesday of each month. This support group is designed to assist military families who have family members with special needs. Its goals are to improve the members' ability to cope and discuss community resources. Free child care is available; call in advance if needed.

For all SKIESUnlimited programs contact Central Registration for details and registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program. Call 410-278-7479/7571 for an appointment to register.

Volunteers needed

Anyone interested in teaching classes such as kinder-musik, history, grammar, read-

ing, and mommy and me tumbling, should call Sarah Behl, 410-278-4589.

For more information call 410-278-4589.

Brazilian Jiu-Jitsu

Through practice, students will learn the best form of self-defense, developing leadership and teamwork skills.

Classes will be held at the Aberdeen Youth Center, 6 to 7 p.m. for ages 7 thru 12 and 7 to 8 p.m. for ages 13 thru 18, Sept. 12 through Oct. 5. Cost is \$85.

Basic automotive maintenance classes

Hands on training on basic vehicle maintenance is scheduled for the third Thursday of each month for men, women, or teenagers 16 and older. For \$5 participants will learn basic automotive maintenance to help keep a motor vehicle operating and recognizing early maintenance problems associated with every day use. The class will include changing and discarding of oil and oil filters, changing and rotating tires, checking fluid levels and filling

and using lifts and equipment available all while observing safety while working on vehicle. Sign up at the Automotive Center, building 2379.

Martial arts classes

This Chinese style of martial arts will provide discipline, while physically developing and mentally preparing students to learn how to defend themselves. They will learn basic movements and progress to advanced techniques. The system also provides an extensive workable knowledge in the art of self defense for children, women and men of all ages. The instructor has 34 years of experience in the martial arts and is the owner and Master Instructor of the Scarlet Dragon Lung-Fu-Do System. Classes are held 5:30 to 6:30 p.m., Monday and Wednesday, through Oct. 18, at the Aberdeen Youth Center. No class on Oct. 9. Participants must be 7 to 18 years of age. Cost is \$70. For more information, call instructor Michael Gilbert, 410-272-2712 or 410-

306-1120.

Babysitting classes

Training to become a Red Cross Certified Babysitter will be held 9:30 a.m. to 3:30 p.m., Sept. 12, Oct. 2, Nov. 6, Dec. 28, Jan. 22 at Army Community Services, building 2754. Bring a bag lunch.

Participants must be between the ages of 13 and 15.

For information on Outdoor Programs, call Charles Heinsohn, 410-278-3868. To sign up for a class, visit MWR Registration, located in building 3326, call 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site, www.apgmwr.com.

Wilderness Challenge

Join 80 other military teams in a three-day endurance event in scenic Fayetteville, West Va., Oct. 5 thru 7. Teams are made up of four active duty personnel and consist of any gender combination, however one team member must be female. Registration and clinics will be

held on Thursday; mountain run, whitewater swim and whitewater raft race will be held on Friday and on Saturday, mountain bike, Duckie race, mountain hike, awards and dinner will end the event.

Registration is open. Visit www.ima.army.mil/northeast/newtemplatesites/local/default.asp for more information. For more information, call 757-788-5280 or DSN 680-5280.

For information on these or any other division of sports and fitness, call Ralph Cuomo, 410-278-2812.

To sign up for a youth sport, contact Central Registration, building 2752, 41-278-7571/7479. All sports participants must have a current sports physical, due at registration and be a member of Youth Services.

Coaches needed

Anyone interested in volunteering to coach, or would like more information should call Bill Kegley, 410-306-2297.

Home Buying, Selling Seminar

This seminar will be held 11 a.m. to 1 p.m., Sept. 7, 12 and 14 at the Aberdeen Recreation Center.

Attend this workshop to discuss housing as the major focus of relocation, from list to settlement as well as:

- a step by step look at home buying and selling
- learning what questions to ask when selling and buying a home
- learning how to improve the credit score to buy a home

- working with real estate agents
- knowing the rights
- selling a home for top dollar
- home buying, renting and leasing options
- qualifying process
- preparing a home for the market
- determining the asking price

An experienced realtor, banker and home inspector will be available to answer questions.

For more information, call Marilyn Howard, Employment Program, 410-278-9669, or visit building 2754.

APG Bowling Center Snack Bar specials

Building 2342

Week of Sept. 11

Special #1: Turkey club sub with bacon and cheese (choice of mayonnaise, lettuce, tomato, pickles and onions), chips, cookie and soda for \$5.75.

Special #2: Italian sausage on hot dog bun with green peppers and onions in a marinara sauce, chips, cookie and soda for \$5.65.

Week of Sept. 18

Special #1: Five butterfly shrimp, French fries, cole slaw, cookie and soda for \$7.35.

Special #2: Meatball sub with provolone cheese, onion rings, cookie and soda for \$7.55.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 am.



SCHOOL LIAISON

HCPS Citizen Advisory Committees seek new members

HCPS

The Board of Education of Harford County Public Schools is seeking applicants for membership on its Citizen Advisory Committees. Membership is open to all Harford County residents, including those without children in the school system.

Each committee will meet on a regular basis, or as necessary to accomplish its charge. New members are confirmed in December; members are assigned to one-, two-, or three-year terms. Regular attendance is vital to maintain the continuity and effectiveness of the committee.

Residents of Harford County interested in serving as a member of any one of these committees should send a letter of interest to Don Morrison, Director of Public Information, Harford County Public Schools, 102 S. Hickory Avenue, Bel Air, MD 21014. Letters must include the name of the committee, complete contact information (name, address, telephone number) and background information containing: membership in community, social and civic groups; occupation; level of schooling; availability to attend evening meetings; and reasons for wanting to serve on the committee.

The deadline for application is Oct. 2. Following the Board appointments in December 2006, the Citizen Advisory Committees' coordinators will notify all applicants of the results.

Career and Technology Education

Studies innovative programs across Maryland in career and technology for consideration for inclusion in the HCPS curriculum.

Coordinator: Sue Garret, 410-588-5289

Family Life Education

Participates with the school system's Family Life Education Committee in decisions regarding materials to be used in the kindergarten through 12th grade educational program on Family Life and Human Development and HIV/AIDS prevention.

Coordinator: Sue Garret, 410-588-5289

Gifted Education

Discusses and reviews the impact of the Gifted Education program on higher student achievement.

Coordinator: Eric Cromwell, 410-588-5354

Safety and Security

Provides input into program improvements and additions needed as alternative disciplinary methods. Reviews system safety and security and suspension data.

Coordinator: Bob Benedetto, 410-638-4242

Special Education

The Special Education committee has worked on the Reauthorization 2004 for Special Education and studies its impact on programs of instruction, service models, funding and costs affecting the school system and its students.

Coordinator: Ann-Marie Spakowski, 410-588-5246



Don't be a victim of identity theft or telephone fraud

TRICARE Management Activity

Recently a TRICARE beneficiary reported a possible telephone scam involving someone asking for personal bank account information. This appears to be an incident of phone fraud and is not a security breach or incident.

Sam Jenkins, TRICARE Management Activity's privacy officer said personal or financial information should never be given to anyone who calls you or comes to your home uninvited, claiming they are collecting fees or other funds on behalf of TRICARE or selling TRICARE-related products.

"Only give personal information when you have made the contact—for example calling one of the TRICARE toll-free customer service numbers or visiting a TRICARE Web site," Jenkins said. "TRICARE will never contact you to ask for your financial information."

He adds that TRICARE will only request this information when a patient initiates the call, and then only when it is appropriate.

Protect personal information

If anyone thinks someone is misusing his/her

personal information, contact the Federal Trade Commission's ID Theft Hotline at 1-877-438-4338 to make a report.

If anyone receives a call of this nature from someone identifying themselves as a TRICARE representative, let TRICARE know by writing to:

TRICARE Management Activity
ATTN: Privacy Office
5111 Leesburg Pike, Suite 810
Fall Church, VA 22041

Patients should also contact the fraud departments of the three consumer reporting companies to place a fraud alert on your credit report. The fraud alert tells creditors to contact an individual before opening any new accounts or making changes to any existing accounts. Once the fraud alert is placed in someone's file, he/she may order free copies of their credit reports.

TMA has posted contact information for all three companies, along with more tips and a list of resources to help protect patient's identity on the TRICARE Web site, www.tricare.osd.mil/factsheet/fraud.cmf.

TRICARE beneficiaries dialed in for diabetes support

TriWest Healthcare Alliance

TRICARE beneficiaries with diabetes have a new, convenient support tool at their fingertips.

TriWest Healthcare Alliance has launched a new phone-in support group forum in response to suggestions from TRICARE beneficiaries who spotted the need for diabetes support.

"People who have had diabetes for a long time have expressed a need for a forum where they can discuss their feelings about having diabetes," said Kathi Sobera, director of TriWest's Population Health Improvement department. "This program is free to eligible beneficiaries under the age of 65, regardless of their benefit plan or other services they may be receiving."

The diabetes support group is open to beneficiaries and family members. Up to 15 people can participate per session. To enroll, call toll-free to 1-888-259-9378 and ask for the Diabetes Forum. The forums are held at 10 a.m. on the first Thursday of the month and at 4 p.m. on the third Thursday (times are Mountain Time).

The program encourages participants to speak openly and honestly about their experiences with diabetes and is facilitated by its developer, Jackie Magyar, a dietitian and a certified diabetes educator.

"This program provides a safe environment for beneficiaries with diabetes to share how their disease affects their lives and share experiences with others going through the same thing," Magyar said.

Future plans for this program include adding guest speakers to address specific questions and providing more sessions

throughout the month.

Diabetes Warning Signs

The symptoms of Type 1 diabetes may include:

- Increased thirst.
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination
- Unexplained weight loss (even though you are eating and feel hungry)
- Fatigue (weak, tired feeling)
- Blurred vision
- Headaches
- Loss of consciousness (rare)

Type 2 diabetes is usually not diagnosed until complications have occurred. Most often, there are no symptoms or a very gradual development of the above symptoms. In fact, about a third of all people who have Type 2 diabetes don't know they have it. When hyperglycemia (high blood sugar) occurs, the symptoms can be the same as those listed above.

Other symptoms of type 2 diabetes may include:

- Slow-healing sores or cuts.
- Itching of the skin (usually around the vaginal or groin area)
- Frequent yeast infections
- Recent weight gain
- Velvety dark skin changes of the neck, armpit and groin, called acanthosis nigricans
- Numbness and tingling of the hands and feet
- Decreased vision
- Impotency

For more information, visit www.triwest.com.



LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rdamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Sarah Blevins	Shelia Davison	Carolyn Johnson	Mary Pettitway
Debra Bonsall	(benign paroxysmal positional vertigo)	Beverly King (caring for husband)	DeAnna Sampson
(daughter has brain tumor)	Susan Gorhan	Louis McCarter	Barbara Seker
Janet Cannedy	Shirley Gross	William B. McLean	Alison Tichenor
Leroy Carter	Hester Hayes	(kidney failure)	Christine Wheaton
Rogelio Chevannes	Rick Jernigan	Sandra Miller	Louis Winters
			Charles Young



'I'm Safe'— a checklist for motorcyclists

Story by **JACKIE VAUGHAN**
Special contributor

Many people use a checklist to prepare for a trip. It might include gas, tire pressure, first aid kit [and more].

One item often missing is the condition of the rider himself. Yet the rider's condition is at least as important as the condition of the bike.

There is a checklist which allows the rider to check himself before every trip. Easy to remember, the list is called "I'm Safe." It stands for illness, medication, stress, alcohol, fatigue and emotion. Let's take a look at how each of these factors affects [a rider].

Illness

Many illnesses such as diarrhea, headache or fever can blunt the senses and affect the ability to scan aggressively for hazards or the ability to react to these hazards quickly. Recovering from an illness can do the same.

Medication

Medication such as sleeping pills, even taken the night before, or antihistamines, can make a rider drowsy. Antibiotics do a good job of fighting infections but also leave a rider fatigued for several days.

Stress

Just before a trip is not the best time to air out problems. A rider will be in a much

better mood after a good trip. Take time to relax before starting. Another thing to remember: don't bring the children.

Alcohol

Alcohol can be summed up in a single phrase - one drink per hour. Make sure there is no alcohol in the body before riding.

Fatigue

Working long hours of physical labor before a trip is a sure way to start a trip with fatigue.

Emotion

Being angry or sad can keep the mind off riding, but a rider should know that being very happy can do the same. A rider needs to take time to think things out before starting the ride.

ATTENTION ALL SOLDIERS

Soldiers charged and found guilty of a crime, could face confinement, loss of rank and discharge from the Army.

The APG Trial Defense Service office handles all types of military criminal matters, including felonies, misdemeanors and summary offenses against Soldiers.

Any Soldiers questioned by their chain of command or the police, advised of their rights or apprehended, should immediately request to speak to an attorney. With so much at stake, it is important to contact an attorney as soon as possible to protect a Soldier's rights and liberty.

Until given the opportunity to consult with an attorney, remember the "4 No's:"



- Waiver of rights.
- Statements (oral or written).
- Polygraphs.
- Consent to be searched.

For more information regarding these issues, or a Soldier's rights involving a military criminal matter, call the APG Trial Defense Service office, 410-278-2156 or DSN 298-2156.



Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

Monday

- ATS Reloaded, 5:30 a.m.
- American Veteran, 9:30 a.m.
- Army Newswatch, 11 a.m.
- Inside Afghanistan/FJ Iraq, 1 p.m.
- Around the Services, 5:30 p.m.
- Focus on the Force, 10 p.m.

Tuesday

- Around the Services, 8 a.m. and 8 p.m.
- RECON, 11 a.m.
- Focus on the Force, 1 p.m.
- Army Newswatch, 3 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Army Newswatch, 7 p.m.

Wednesday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9:30 a.m. and 9:30 p.m.
- American Veteran, 1 p.m.
- Inside Afghanistan/Freedom Journal Iraq, 2 p.m.
- RECON, 3:30 p.m.

Focus on the Force, 6:30 p.m.

Thursday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9 a.m. and 9 p.m.
- Freedom Journal Iraq/Inside Afghanistan, Noon
- Focus on the Force, 1 p.m.
- RECON, 3:30 p.m.
- American Veteran, 5 p.m.

Friday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 10:30 a.m.
- RECON, Noon
- American Veteran, 2:30 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Focus on the Force, 6:30 p.m.
- ATS Reloaded, 7 p.m.

Saturday

- Around the Services, 5:30 a.m.
- News Reel Anaconda, 7:30 a.m.
- American Veteran, 1:30 p.m.
- Army Healthwatch, 2 p.m.
- ATS Reloaded, 5:30 p.m.
- Battleground, 7 p.m.
- RECON, 8 p.m.

Sunday

- ATS Reloaded, 5:30 a.m. and 9:30 p.m.

Freedom Journal Iraq, 10:30 a.m. and 4:30 p.m.

- Today's Military, 1 p.m.
- Around the Service, 7:30 p.m.
- Army Newswatch - Bi-weekly report on the men and women of the Army.
- Around the Services - From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world.

RECON - A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.

Your Corps - Monthly view of the men and women of the Marine Corps.

Freedom Journal Iraq - A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq.

Navy Marine Corp News - A weekly look at the men and women of today's sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects

that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force.

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service.

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. *A Pentagon Channel Original Series.*

Focus on the Force - A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan - Presents the latest from Operation Enduring Freedom, showing the activities of American troops in country.

ATS Reloaded - ATS-Reloaded revisits the best of the week and keeps viewers updated on information that's important.

Sports

CHPPM defeats USMC to win post softball championship, 17-11

Story by
YVONNE JOHNSON
APG News

The U.S. Army Center for Health Promotion and Preventive Medicine topped off a great season with a dramatic victory over the U.S. Marine Corps Detachment to win the 2006 intramural softball post championship Aug. 15.

The teams were led by Steve Czerwinski, CHPPM, and Valente Cantu, USMC.

Cantu said the season was filled with "some bad games but a lot of good games."

"Most of the veteran players for the USMC [Detachment] have left and I had to start some players with little or no experience," Cantu said. "Overall, we have a good squad. We made some big errors but in the end we always pulled together and pulled out a victory."

"In the last game, CHPPM just put all their cards on the table and gave us a run for our money," he added. "Our congratulations go out to CHPPM on a great season."

A dream realized

Czerwinski, who has been involved with CHPPM softball for the past nine years, called the victory "exhilarating and exciting."

"We worked a long time for this," he said. "We just kept coming up a little short and the loss to the Marines [in the postseason tournament] two years ago left a bad taste in our mouths."

"Of all the teams we play on the post, the Marines are always the toughest," he said.



Photo by DONNA COYNE, MWR
Members of the CHPPM softball team pose with their trophies after winning the post championship at Aberdeen Proving Ground Aug. 15.

The team includes Soldiers from CHPPM, the 1st and 9th Area Medical laboratories; Kirk U.S. Army Health Clinic and the U.S. Army Medical Research Institute of Chemical Defense.

Czerwinski said that two early indicators of the successful season awaiting the 'CHPPM Chuggers,' included winning the pre-season tournament June 1 and the player's willingness to participate in Saturday morning practice sessions.

"Those were good omens for us because it showed the level of dedication the team had," Czerwinski said, adding that after winning the post championship, the 'Chuggers' competed in the North Atlantic Regional Medical Command softball championships at Walter Reed Army Medical Center in Washington, D.C.,

Aug. 23 to 27 and came in fifth place out of 18 teams.

More sporting news

In other intramural news, Company C 143rd defeated the U.S. Army Aberdeen Test Center to win the post intramural golf championship in July.

Three teams vying for Commander's Cup

The race for the Commander's Cup is unusually tight this year, according to Donna Coyne, the Morale, Welfare and Recreation intramural sports coordinator.

Company C 143rd leads USMC by eight points and Headquarters and Headquarters Company 16th Ordnance Battalion is just 16 points out of first place.

"It looks like this year the Commander's Cup race will be decided on the soccer and football fields," Coyne said.



From left, Aberdeen Ironbirds pitcher Jeff Moore and a young fan look on as Aberdeen Proving Ground firefighters (from the left) Chris Starling, Andre Fournier, George Dorbert and Howie Travers present the colors before the Aberdeen Ironbirds game at Ripken Stadium Aug. 18.

Ripken Stadium honors APG firefighters

Story and photo by
YVONNE JOHNSON
APG News

In a tribute to local emergency responders, firefighters from the Aberdeen Proving Ground Fire and Emergency Services Division of the Directorate of Safety, Health and Environment were invited to present the colors during the Ironbirds game at Ripken Stadium Aug. 28.

Capt. Howie Travers, fire prevention specialist Andre Fournier, fire inspector Chris Starling and firefighter George Dorbert marched onto the field carrying the American and Maryland flags and two axes symbolizing rescue services.

They stood at home plate as the national anthem played then executed a left turn followed by a slow and dignified march off the field as the audience clapped and roared in approval.

The firefighters thanked noncommissioned officers from the 16th Ordnance Battalion for

helping to prepare them for their moment in the spotlight.

Sgt. Juan Almont-Doñe, Staff Sgts. Danny Hudgins and Isaac Jenkins drilled the quartet for a week prior to the ceremony.

"We asked for the best and they gave us the best," Fournier said.

Almont-Doñe said the NCOs received the tasking through their battalion S3.

"It was no problem," Almont-Doñe said, adding that he and the other NCOs are members of the battalion's honor guard. "They worked hard because they wanted to do a good job and represent APG well and that's just what they did," he said of the firefighters.

The opening festivities included throwing two of three first pitches by Col. John T. Wright, APG Garrison and deputy installation commander, and Nathan Mikolinis, 11, the son of Thomas Mikolinis, a military systems evaluator with the U.S. Army Evaluation Center.

Results for the intramural softball postseason tournament held Aug. 7 to 15

AUG. 7 CHPPM, 27; HHC 16th, 0 Company A 143rd, 9; USAF, 4	AUG. 10 HHC 16th, 9; Company A 143rd, 6 USAF, 12; Company C 143rd, 9
AUG. 8 USMC, 20; Company B 143rd, 8 CHPPM, 18; Company C 143rd, 6	AUG. 14 CHPPM, 21; USMC, 4 HHC 16th, 18; USAF, 14 USMC defeated HHC 16th
AUG. 9 USAF, 13; Company B 143rd, 1 USMC, 18; Company A 143rd, 6	AUG. 15 CHPPM, 17; USMC, 11

Commander's Cup Standings



The Commander's Cup is awarded each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift Competition, Soccer and Football. Points are awarded for unit participation and division and post championship wins. The following are the current Commander's Cup point totals.

UNIT	POINTS	UNIT	POINTS
Company C 143rd	184	389th AB	10
USMC	176	Nat. Guard	6
HHC 16th	168	9th AML	5
Company A 143rd	84	CHPPM	5
Company B 143rd	70	HHC 61st	5
ATC	59	HHC 143rd	5
USAF	42	KUSAHC	5
Company E 16th	38	20th Spt.	4
Company C 16th	36	22nd Chem.	4
MRICD	34		
Company B 16th	24		
Company A 16th	10		

(Editor's note: Statistics provided by MWR Sports Office, Donna Coyne, 410-278-3929.)



Capt. Eric Holland, Company E 16th Ordnance Battalion, left, and John Gill, territory manager for Overseas Service Corporation, admire the Crown Royal IROC Show Car on display in front of the Aberdeen Proving Ground Shoppette Aug. 18.

Crown Royal car makes 'pit stop' at APG

Story and photo by
YVONNE JOHNSON
APG News

Customers visiting the Aberdeen Proving Ground Shoppette got an eyeful of the Crown Royal IROC Show Car Aug. 18. The traveling display set up its signature Porsche in the Shoppette parking lot.

Deidre Taylor, manager of the APG Shoppette, set up a refreshment stand offering hot dogs, chips, soda and water for customers who paused to admire the unique automobile.

"We're happy that they came out today," Taylor said. "Our customers are excited about it and that makes us happy."

John Gill, territory manager of Overseas

Service Corporation, which conducts special events for shoppettes in the mid-Atlantic region, said that the car is touring military bases across the country between August and November to promote both the Crown Royal products and racing.

"We're already planning other promotions down the road," Gill said.

Race car driver Jamie McMurray, who is widely considered to be one of NASCAR's rising stars, is the current driver of the ROLEX sports car series Porsche. McMurray won Rookie of the Year honors in 2003, and currently sits in 12th place in the NASCAR Nextel Cup standings.